



Food that is good for our planet and its inhabitants health

Projekt Erasmus+ CLIMATE IS CHANGING. LET'S CHANGE CLIMATE. MAKE DIFFERENCE TOGETHER!

Some facts calling for change

- The planet we share is mighty but vulnerable.
- This Planet warns us that we are overloading it! The process is reflected in climate changes, water pollution, the destruction of natural ecosystems and thus the extinction of plant and animal species.
- Eating habits of humans, the unsustainable agriculture and large quantities of wasted food are important contributing factors to this process.

Some facts calling for change

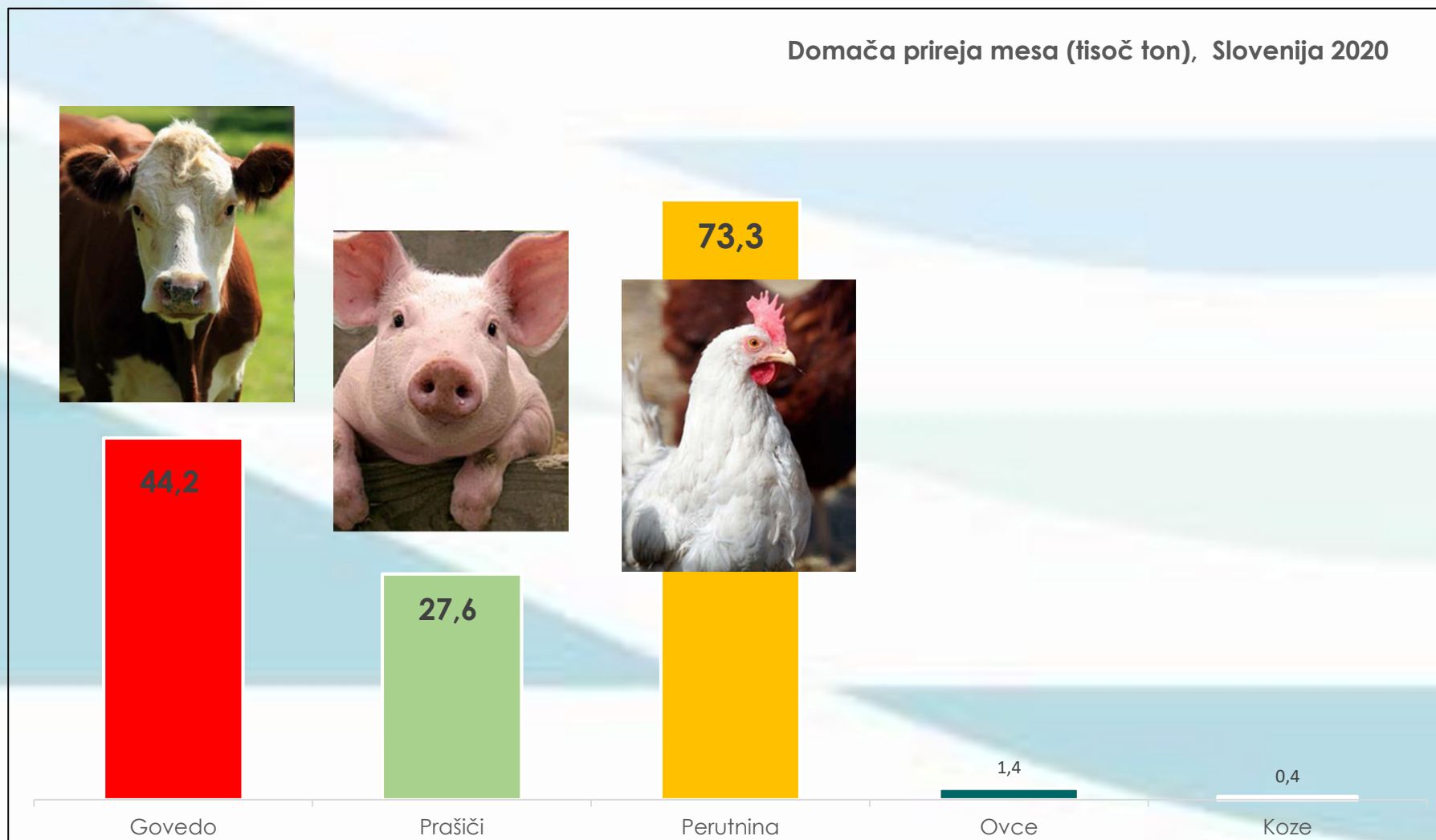
- The diet of people in the developed world is rich in energy but nutritionally poor, which further leads to an increase in the number of chronic diseases such as cardiovascular disease, obesity, diabetes and so on.
- On the other hand, despite the high food production, there are more than 820 million hungry people in this planet.

Some facts calling for change

- 1.3 billion tons of food is lost or wasted worldwide each year, which is a third of total production.
- Such an imbalance is harmful to human health and our planet. Thereby, urgent changes are needed.

Each and every individual can contribute to the transition to a more sustainable and environmentally friendly way of food supply!

The impact of livestock farming on the environment and public health



The livestock sector is one of major consumers of water resources as well as one of the top contributors to the most serious environmental problems, including water-quality degradation.



Livestock farming is a significant polluter of our soil and air.

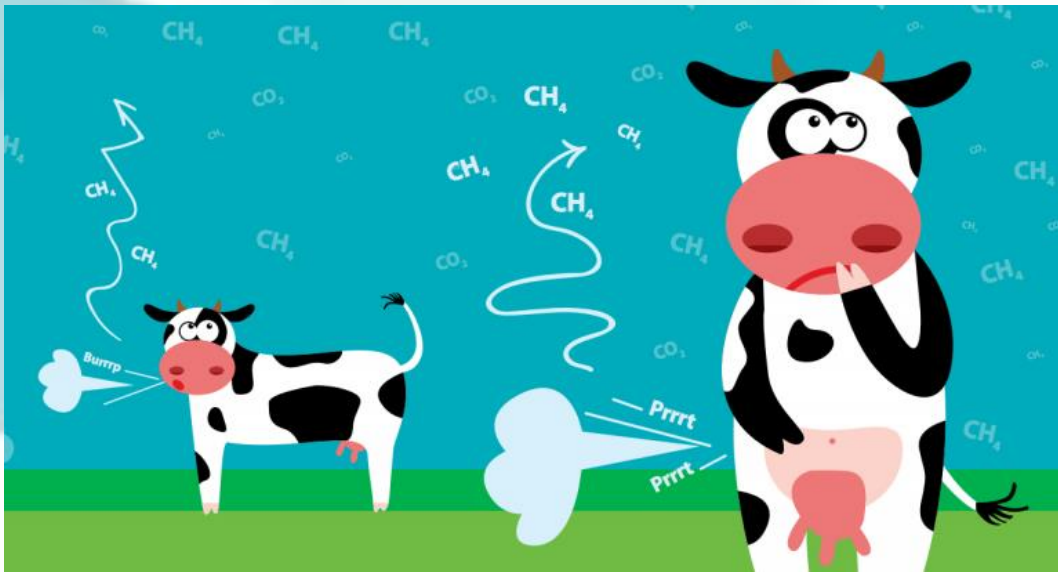


The livestock sector is one of the key drivers of land use change and the degradation of agricultural land.



Animal based food production has a significant impact on Earth overheating and the climate crisis.

The livestock sector with 16,5 % is a significant contributor to global human-induced GHG emissions.

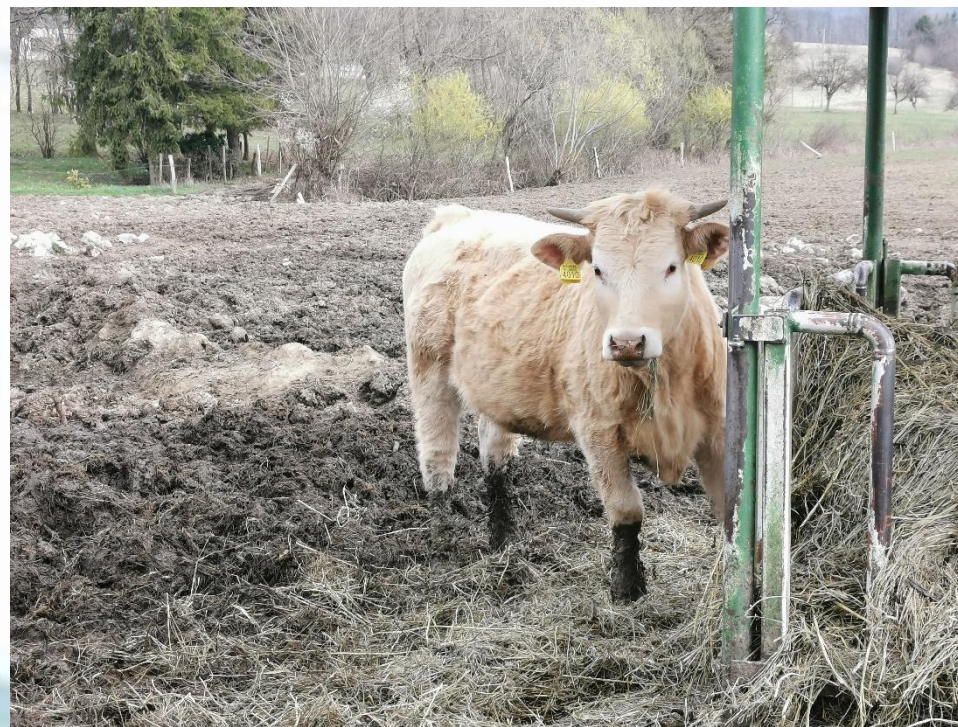


- carbon dioxide (CO₂)
- methane (CH₄)
- nitrous oxide (N₂O)

Livestock production through over-exploitation of the environment, pollution, climate change and living environments, reduces biodiversity and facilitates the spread of invasive species.



Livestock, especially cattle, is an important factor in the transformation of the land surface.



Food, more friendly to humans and the planet

- Choose local, fresh and seasonal foods
- Opt for more plant and less animal foods
- If possible, be self-sufficient
- Buy local food
- Choose the least processed foods
- Buy food without excess packaging
- Find food in your natural environment
- Encourage other people to eat healthy and planet-friendly food

Choosing fresh, local, seasonal food

- Local foods are fresher and have higher nutritional value
- They have not undergone lengthy packaging and transport processes
- Their taste is better
- They contain fewer chemicals
- There is less packaging,
- Their impact on the environment is minimal



Opt for more plant and less animal foods

- In comparison to food of animal origin, food of plant origin has a significantly smaller carbon footprint
- Eating as little meat and dairy products as possible is thus one of the most effective measures to reduce greenhouse gas emissions that can be taken at the individual level.
- By choosing plant food it is easier to be self-sufficient, good at gardening or producing your own foods
- Plant alternatives
- Plant food has a beneficial effect on human health
- Find food in your natural environment

Plan a meatless day



- **Meatless Monday** - for your own and health of the planet.
- A global movement that encourages people to reduce the amount of meat in their diet
- Meatless Monday's simple message to "skip meat once a week"

Go Meatless Monday — It's Good for You, and Good for the Planet

Too often we forget the tastes from our nearest surroundings!

What can be picked in the forest or on the meadow is:

- fresh and seasonal,
- no packaging,
- it is not transported, does not consume energy, does not emit greenhouse gases and
- has a high nutrient value.

At the same time you are outside, walking around and enjoying the fresh air.

Purchasing climate-friendly food

- I make thoughtful grocery lists, I plan my meals.
- I shop at the local market.
- I exchange vegetables, seeds, home products and recipes.
- I buy less processed foods without much packaging.
- I am able to identify and select organic and local foods.

Food must not be wasted!

- Inequality in the access to food is most reflected in the large quantities of wasted food while some people are starving in poverty.
- A fair, healthy and planet-friendly way of eating involves a holistic attitude to food and nutrition.
- With careful meal planning, thoughtful shopping and increased self-care, there will be less wasted food.

A resident of Slovenia discarded on average 68 kilograms of food in 2020, which is more than in 2019



Raise awareness and encourage each other

Various campaigns and celebration days remind us of the importance of healthy and planet-friendly eating.

- World Meat Free Week
- Meatless Monday
- Slovenian Food Day, in which the Traditional Slovenian Breakfast event has been held for many years, is the third Friday in November
- Stop food waste day, April 27th 2022
- International Day of Awareness of Food Loss and Waste, September 29th
- World Food Safety Day, June 7th



- Without changes in food production and in human diet, it is not possible to stop the planetary climate crisis.
- Apart from numerous measures taken by the decision makers, we as individuals can make difference with simpler lifestyle and eating changes.
- Small changes in eating habits such as meatless day, self-sufficiency, choice of local and fresh foods, etc. may affect the future of our planet.

By changing eating habits will not solve the climate crisis, but the climate crisis cannot be properly addressed without changing eating habits. (Slovenian NGO Umanotera)